

Getting the Most Out of My HealtheVet

Your health care team wants to work with you to help you reach your goals. Talk with your health care team about what is right for you. Decide where you can improve your health. Then use My HealtheVet to help you get it done.

For example, if you have a chronic illness, you are more likely to live healthy with your chronic illness if you eat the right foods, are active, and get enough sleep. To learn more about keeping a balance between what you eat and drink, how active you are, and getting the sleep you need, visit the [Healthy Living](#). Once you understand what you can do to live healthy, as a [registered user](#) you can use Track Health.


[HOME](#) [PERSONAL INFORMATION](#) [PHARMACY](#) [RESEARCH HEALTH](#) [GET CARE](#) [TRACK HEALTH](#) [MHV COMMUNITY](#) [SECURE MESSAGING](#)

[VITALS + READINGS](#) [LABS + TESTS](#) [HEALTH HISTORY](#) [JOURNALS](#)

Track Health


The Track Health section allows you to record and track your health information in one convenient location. Record your allergies and immunizations for reference. Record and monitor your blood pressure, body weight and more in the Vitals section. Even see a graph of your progress. You can also journal your exercise routine and food intake in the Journals section. Using the Medical History logs, you could print out your entire record in a handy doctor's sheet. My HealtheVet has provided dozens of ways to manage your health care. Start tracking your health today!

Vitals + Readings




Nine ways to monitor your health statistics online...
[More »](#)

Labs + Tests




Keep track of your lab results and tests here...
[More »](#)

Health History



Record your health history, medical events and more...
[More »](#)

Journals



Record your daily activity and food intake...
[More »](#)

If you decide to keep track of what you eat and drink, you can use the Food Journal. If you decide to keep track of your activities and your sleep, you can use the Activity Journal.

[HOME](#) [PERSONAL INFORMATION](#) [PHARMACY](#) [RESEARCH HEALTH](#) [GET CARE](#) [TRACK HEALTH](#) [MHV COMMUNITY](#) [SECURE MESSAGING](#)

[VITALS + READINGS](#) [LABS + TESTS](#) [HEALTH HISTORY](#) [JOURNALS](#)

Journals

Perhaps your doctor has put you on a strict diet. Perhaps he has asked you to keep track of your exercise routine. Or, perhaps you just want to keep track of your habits toward your own health plan. Record your daily activity and food intake with the Activity Journal and Food Journal. My HealtheVet makes it easy to keep track of your health.

FOOD JOURNAL

Sat 01/22/2011	2 Meal Items
Sat 01/15/2011	1 Meal Item
Mon 01/10/2011	2 Meal Items
Thu 12/16/2010	7 Meal Items
Sat 12/11/2010	9 Meal Items

[Add New](#) [View More >](#)

ACTIVITY JOURNAL

Sun 01/16/2011	1 Activity
Mon 01/10/2011	2 Activities
Wed 12/22/2010	1 Activity
Thu 12/16/2010	1 Activity
Sat 12/11/2010	1 Activity

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HOME

PERSONAL INFORMATION

PHARMACY

RESEARCH HEALTH

GET CARE

TRACK HEALTH

MHV COMMUNITY

SECURE MESSAGING

VITALS + READINGS

LABS + TESTS

HEALTH HISTORY

JOURNALS

Journals

Food Journal

Activity Journal

View Food Journal Information (self-entered)

(Personal Health Journal of)

You are viewing Food Journal information that was previously entered. You may Edit or Delete this entry, Add a new entry, or Return to the Food Journal listing.

Help

Printer Friendly

Date:	01/27/2011
Week Day:	Thursday
Water:	6.0
Breakfast:	<ul style="list-style-type: none">1 Slice Wheat bread with margarine (Toasted)1 Slice Bacon (Grilled)1 Scrambled egg with cheese (Sauteed)
Lunch:	<ul style="list-style-type: none">1 Cup French Onion Soup (Baked)1 Small Spring mix salad + Basalmic vinegarette dressing (Fresh)
Dinner:	<ul style="list-style-type: none">1 4 oz Turkey patty (Reheated)1 Cup Blueberries in almond milk (Fresh)1 Cup Organic baby carrots (Steamed)
Snack:	<ul style="list-style-type: none">1 Square 60% cocoa
Comments:	Felt good after eating. No gut ache.

HOME

PERSONAL INFORMATION

PHARMACY

RESEARCH HEALTH

GET CARE

TRACK HEALTH

MHV COMMUNITY

SECURE MESSAGING

VITALS + READINGS

LABS + TESTS

HEALTH HISTORY

JOURNALS

Journals

Food Journal

Activity Journal

View Activity Journal Information (self-entered)

(Personal Health Journal of)

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Help

Printer Friendly

Wednesday, 01/26/2011

	Activity Description	Intensity	Time of Day
Aerobic/Cardio	9115.00 of Steps		
Weights			
Other			
Comments			

Edit

Delete

Add New

Return to List

This is your personal health information. Your health care professional does not have access to this information unless you share it.

HOME
PERSONAL INFORMATION
PHARMACY
RESEARCH HEALTH
GET CARE
TRACK HEALTH
MHV COMMUNITY
SECURE MESSAGING

VITALS + READINGS
LABS + TESTS
HEALTH HISTORY
JOURNALS

Journals
Food Journal
Activity Journal

View Activity Journal Information (self-entered)

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[Help](#) | [Printer Friendly](#)

Thursday, 01/27/2011

	Activity Description	Intensity	Time of Day
Aerobic/Cardio			
Weights			
Other	7.00 hr(s) of Sleep		
Comments			


[Edit](#)
[Delete](#)
[Add New](#)
[Return to List](#)

This is your personal health information. Your health care professional does not have access to this information unless you share it.

You can also download your personal information stored in My HealtheVet from the **Blue Button**. This makes it possible for you to view, print, or save your health information currently available in My HealtheVet.

HOME
PERSONAL INFORMATION
PHARMACY
RESEARCH HEALTH
GET CARE
TRACK HEALTH
MHV COMMUNITY
SECURE MESSAGING

IN CASE OF EMERGENCY
PROFILES
DOWNLOAD MY DATA
ACCOUNT
HEALTH INFORMATION CARD



Blue Button
Download My Data

My Download Request

[Blue Button User Guide](#) | [Learn More](#) | [Protecting Your Personal Health Information](#)


The My HealtheVet Blue Button is simple, safe, and reliable. You can download all of your personal health information that is currently available in My HealtheVet as a text file. You can also view and print your information. You may wish to review your information first to be sure all of your information is up to date before you download it.

Easy access to all of the information in your My HealtheVet account can help you to share your information with people you trust. Having this information in ways you can use and share may help you better manage your overall health and your healthcare. [Learn More >](#)

Remember that once you have downloaded your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#).

☒ Download all of my available data from My HealtheVet
☐ Download only my selected data from My HealtheVet

[Continue](#)
[Cancel](#)

 Protect your information and your identity. Send to a safe site or device that you or someone you trust controls.

This is your personal health information. Your health care professional does not have access to this information unless you share it.

There are many ways you can download your information. You can choose a date range, select the types of information you wish to include in your download, or both.

Select Date Range

☐ All Date Ranges
☒ Select Date Range

Start Date: Dec 27 2010


End Date: Jan 27 2011

Select Types of Information

☐ All Types of Information
☒ Select one or more types of information

<input type="checkbox"/> Health Care Providers	<input type="checkbox"/> Allergies and Adverse Reactions
<input type="checkbox"/> Treatment Facilities	<input type="checkbox"/> Medical Events
<input type="checkbox"/> Health Insurance	<input type="checkbox"/> Immunizations
<input type="checkbox"/> VA Wellness Reminders*	<input type="checkbox"/> Labs and Tests
<input type="checkbox"/> VA Appointments* (Future)	<input type="checkbox"/> Vitals And Readings
<input type="checkbox"/> VA Appointments* (Limited to past 2 years)	<input type="checkbox"/> Family Health History (self and relatives)
<input type="checkbox"/> VA Medication History (2 years unless date range selected)	<input type="checkbox"/> Military Health History
<input type="checkbox"/> Medications and Supplements	

* Requires an [upgraded account](#).

 Protect your information and your identity. Send to a safe site or device that you or someone you trust controls.

My HealtheVet gives you one place to view your health information. This is most powerful when you are a VA patient with an [enhanced account](#). If you are enrolled in a VA facility, registered on My HealtheVet and have an enhanced account, you can:

- refill your VA prescriptions online by viewing your medication names
- get VA Wellness Reminders
- see your VA Appointments
- when available, participate in Secure Messaging with your health care team*

* Available now at some VA clinics and coming to others throughout 2011

Learn More

Read:

- [Healthy Eating](#) (*My HealtheVet*) advice on how to get started and maintain healthy eating that is safe and beneficial to your health.
- [Physical Activity](#) (*My HealtheVet*) how to set goals, how to track your progress, and how to continue with physical activity that will help you feel great and also benefit your health.
- [Healthy Sleep](#) (*My HealtheVet*) how to get started and maintain sleep that is safe and beneficial to your health.
- [Track Health](#) (*My HealtheVet*) allows a [registered user](#) to record and track your health information in one convenient location. You can keep track of your diet and exercise in the Journals section. My HealtheVet provides dozens of ways to help you manage your health. Start tracking your healthy living activities!
- [Start the New Year with a Healthy Eating Plan](#) (*My HealtheVet*)

- [VA Patients: Learn More about Upgrading Your My HealtheVet Account](#) (*My HealtheVet*)